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For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
J. H. Fletcher
In
Use
For Over
Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK, CITY.

MT. HERMON HOLY GROUND

Many Nations Have Built Their Temples on the Elevation of Which David Sang.

Mount Hermon, sacred mountain of Syria, rises, a silent sentinel, above the fruitful fields and vineyards of Lebanon and Damascus. Cut off from its range of the Antilibanus by the deep valley of Barada it has kept its lonely vigil through the ages. The Hebrews called it Hermon. According to legend the wicked angels in their fall from Paradise landed on Hermon and gave it its name.

Like a gray-haired giant the old mountain holds its white-crowned head above the clouds. At sunset these clouds turn to rose and gold, the mountain top flaming like a torch against the sky. As the sunlight fades the evening mists wrap old Hermon's head in veils of gray and white. "The white-haired old man of the mountain has donned his nightcap for the night," the people of the surrounding plains tell you.

The mountain's foot is covered with the green of oaks, poplars and dense brush with an occasional luxuriant vineyard. The vines of Damascus are famous throughout the Orient. The mountain springs keep the valleys well supplied with water. Higher up are the ruins of former temples, built centuries ago, their entrances facing the rising sun. In the old days the pious folks of the valley climbed the mountain side to worship on their holy ground. The temples are of various nations, including Greek, Roman and Hebrew.

David sang of Hermon and the cooling breath of the winds blowing from its icy summits. As the giver of all good things, of wine and cool water, of timber and olives and breezes in summer days, of tales of wonder and angels for the winter nights, the people of old looked to Hermon as a storehouse of treasure set up by a beneficent deity.

Evidently He Was Not.

James and John were twins and inseparable. James, who was rather sickly, was especially dependent upon his stronger brother and cried whenever the latter was out of his sight. One day John woke early from their daily nap and came downstairs. Later, when James awoke and found himself alone, he cried lustily. John heard him and, stepping to the doorway, he called in the most sympathetic older brother tone: "What's the matter, Jamie? Ain't I up there?"

Perfect Artificial Eyes.

Artificial eyes are much more commonly worn than most people imagine. The average user does not make advertisement of the fact, which may be known only to a few intimate friends, for such eyes nowadays, a product of the glassblower's highest skill, are of a workmanship so artistic as to be perfectly deceptive. When, as is usually the case, the eye is set upon the "root" of the natural organ it moves exactly like a real one.

Valuable Australian Wood.

Figured blackwood is mentioned by a consular report as perhaps the most beautiful of Australia's many ornamental hardwoods. The "hedgeback" and "mottled" grains are most sought, the grain of the former being not unlike that of the North American curly maple. The color, however, is different, being a rich golden brown. The panel effects are obtained by combining the figure with the plain blackwood.

OVERDOING IT.

Maisie—After Jack proposed I told him to see papa.

Daisy—What happened?

Maisie—Why, they started to play cards and now he goes to see papa every night.

ROUGH STUFF.

Fashion Editor, the Star—Can you suggest something cool to slip on these hot mornings? Signed, Prostrated.

"Why, sure, Prossie—a piece of ice is just the thing."

Helps Sick Women

Cardui, the woman's tonic, helped Mrs. William Eversole, of Hazel Patch, Ky. Read what she writes: "I had a general breaking-down of my health. I was in bed for weeks, unable to get up. I had such a weakness and dizziness, . . . and the pains were very severe. A friend told me I had tried everything else, why not Cardui? . . . I did, and soon saw it was helping me. . . . After 12 bottles, I am strong and well."

TAKE

CARDUI
The Woman's Tonic

Do you feel weak, dizzy, worn-out? Is your lack of good health caused from any of the complaints so common to women? Then why not give Cardui a trial? It should surely do for you what it has done for so many thousands of other women who suffered—it should help you back to health.

Ask some lady friend who has taken Cardui. She will tell you how it helped her. Try Cardui.

All Druggists

HAS TRUE PATRIOTIC SPIRIT

Mother of Two Sons Serving in the United States Army Also Is "Doing Her Bit."

In the course of one of the most inspiring meetings the national service section, United States shipbuilding board, ever conducted, a woman clad in overalls battled her way through the big crowd of shipyard workers employed at Vancouver, Wash., and took her place close to the speakers' stand.

There she stood until the last word was spoken by A. R. Parkhurst, Jr., secretary of the section, and when the band struck up "The Star-Spangled Banner," she snatched a soiled cap from her wavy hair and stood at attention until the last note was sounded.

The woman toiler, says the Emergency Fleet News, proved to be Mrs. G. R. Underwood, leader of a gang of calkers, but whose chief duty is to weave the oakum for the men calkers. Mrs. Underwood is the mother of two sons in the United States army. Both are overseas and when she was left to make her own way she determined to seek a berth where she could serve her country to the best advantage.

THE REAL OBJECTION



"No. He doesn't mind your suit, but he don't like you."

FEAR GERMAN CHICANERY.

"Made in Germany" is not going to be a popular trademark after the war, and the Germans know it. There is evidence, according to Swiss chambers of commerce, that Teuton manufacturers will put "Made in Holland," "Made in Norway," or "Made in Switzerland" on kultur products, an exchange says.

The Swiss are already taking steps to protect themselves against this type of forgery. A Swiss organization for promoting foreign trade has been formed. It is not a profit-making company, but a co-operative enterprise for improving the quality of Swiss goods and for protecting them against German substitutes.

The new organization, Syndicate pour L'Exportation Suisse, will admit to membership only firms and companies the majority of whose capital is owned by native born Swiss or residents of ten years' standing. Goods produced by members will bear the initials S. P. E. S.

ANOTHER CASE OF 50-50.

In his book, "From Gallipoli to Bagdad," "Padre" William Ewing tells the story of a burly Irishman brought into the field hospital suffering from many wounds.

"What are you?" asked the doctor.

"Sure, I'm half an Irishman."

"And what's the other half?"

"Holes and bandages."—Pittsburgh Chronicle-Telegraph.

FOND OF FURS.

Flatbush—I saw your wife out yesterday wearing furs.

Bensonhurst—Oh, yes.

"Does she wear them the whole year through?"

"Well, there was a little spell last winter when she didn't wear 'em, I believe."

ALL IN.

"Have you got your coal bins filled up for next winter?"

"Haven't got any coal bins. I burned 'em up last winter when I couldn't get coal."

TAKE YOUR CHOICE.

"Why do they call 'em Liberty loans?"

"Because you are at liberty to lend your money to Uncle Sam or to let the kaiser take it away from you."

SAD DAYS FOR SUGAR LOVERS

Sweet Substance Is Doled Out in Niggardly Fashion by Order of the Food Administrator.

If you are well acquainted with the Virginians, you know how irascible is their love for sugar. No F. F. V. will accept less than two spoonfuls in his coffee unless he should be entertaining Mr. Hoover or some other one of those dour and mathematical Washingtonians.

So it was a day or two ago that Assistant Food Administrator Maltbie was traveling in the diner with Administrator Sproul of Virginia, and the waiter served canteloupe.

"Here, waiter," said Mr. Sproul, "a little sugar with the canteloupe, please. I like it that way."

"Sorry, suh," said the waiter, "but the gov'ment done 'ministrated again' it. No sugar for nothing, suh, except cereal and also coffee, if you ask for it."

"Well," said Mr. Sproul, "you haven't brought me any sugar for my coffee. Bring it and I will put some on my melon."

The waiter nodded, hurried out, returned and laid the sugar at Mr. Sproul's plate. It was lump sugar.

Such are the newest of the food administration regulations. The sugar bowls have been banished from the dining cars, and no sugar is served to any diner, except for his cereal. He can have lump sugar for his coffee if he asks for it.

Sugar for cereals will be served in small envelopes, and it is necessary to make that much do. Nobody—not even a food administrator—gets more than that.—Baltimore News.

DOING GOOD WORK IN FRANCE

American Girls Giving Real Aid to the Unfortunate Inhabitants of the Devastated Area.

There is in France at the present time a number of girls from an American college who are performing relief work of a unique kind. They have taken upon themselves the functions of peddlers, ragpickers and hucksters in the villages over which the battle wave has ebbed. Every girl is trained in social service, and they travel about with stores of tinware, pots, pans, clothing and farm implements. The "peddlers" also sell milk, chickens, rabbits and goats. Another service they are trying to render, to reduce costs and foster trade, is the opening up of a chain of grocery stores. In nearly every hamlet are peasants who had little shops before the war, but who have now neither the capital nor the courage to start afresh. To them the "peddlers" sell staple produce below cost price, usually on the installment system. The "peddlers" have done a good service toward recreating the conditions of village life in the devastated land.

SEVEN-LEAGUE BOOTS.

Except for flanged wheels, the new railway skates are much like the ordinary roller skates, says Popular Mechanics Magazine. They are intended for sporting purposes and also as aids to the individual who is, more or less, dependent upon his legs for long-distance transportation. To enable one to maintain equilibrium while making successive strokes, a balancing rod is provided. This is shaped somewhat like the handle of a scythe and is equipped at its outer end with a flanged roller that is held to the opposite rail. Fair speed without undue exertion is easily maintained on a level track.

WE PREFER A REPUBLIC.

"I can't say that a paternalistic form of government, as exemplified by the central powers, strikes me as being an unqualified success."

"What's the idea?"

"The idea now seems to be to grab all the food for the rich and to give the poor a permit to eat anything they can get."—Louisville Courier-Journal.

HOOVERIZING.

Mistress—We must conserve, No rah. Not a bit of food must be wasted.

Cook—Not a bit is, mum. Office. Kerrigan calls here every evening and sees to all that.

A DISGUSTED HOBO.

"So you're goin' to work," said Meandering Mike.

"You bet I am," replied Plodding Pete. "The L. W. W. has took all the dignity out o' loafin'."

"DR. Caldwell's Syrup Pepsin is just what I need. It is a splendid laxative, mild and pleasant and acts so quickly and easily. I wouldn't be without it, and keep it in our home all the time."

(From a letter to Dr. Caldwell written by Mr. G. C. Murphy, 4 Walker Street, Atlanta, Ga.)

Dr. Caldwell's Syrup Pepsin
The Perfect Laxative

Sold by Druggists Everywhere
50 cts. (Two Sizes) \$1.00

Recommended as a positive remedy for constipation, mild and gentle in its action. The standard family remedy in countless homes. A trial bottle can be obtained by writing to Dr. W. B. Caldwell, 458 Washington Street, Monticello, Illinois.

WANTED HIS MONEY'S WORTH

Nobleman Evidently Had Some Idea That Great Musician Was Giving Him the Worst of It.

Wienawski had his humorous experiences, this even after he was quite widely known, writes Alexander Bloch in the New York Times. On one occasion he was asked by a wealthy British nobleman to state his terms for playing half an hour at his home. They came to an agreement, and on the evening of the musicale Wienawski opened the program with Beethoven's "Romance in F."

He was playing his best and deeply engrossed in the music when he suddenly noticed out of the corner of his eye the host nervously looking at his watch. This happened several times before the "Romance" was finished.

At its close, as he was bowing his acknowledgments to rapturous applause, the British peer caught him by the sleeve and whispered in his ear:

"For heaven's sake, man, how much do you expect to get through in half an hour at this rate? Why do you play such slow pieces?"

The Garden of Eden.

The question of the site of Eden has greatly agitated theologians; some placed it near Damascus, others in Armenia, some in the Caucasus, others at Hollah, near Babylon; others in Arabia, and some in Abyssinia. The Hindus refer it to Ceylon, one writer locates it at the North Pole, and a learned Swede asserts that it was in Sudermania. Several authorities concur in placing it in a peninsula formed by the main river of Eden, on the east side of it, below the confluence of the lesser rivers which emptied themselves into it, at about 27 degrees north latitude, now swallowed up by the Persian gulf, an event which may have happened at the universal deluge, 2384 B. C. Many, however, think that the whole story of Eden is a legend and that, accordingly, the man who tries to find its site is like the blind man who looks in a dark room for his black hat that is not there.

Snakes as Pest Destroyers.

Snakes are not our enemies, says Gayne K. Norton in American Forestry. They never attack except in self-defense. Of our 111 species only 17 are poisonous—two species of Elaps, coral snakes, and 15 species of crotaline snakes, the copperhead and moccasin, the dwarf and typical rattlesnakes. On the other hand, the help they render is valuable. The pests destroyed each year, especially rodents that injure crops and carry communicable diseases, roll up a large balance of good service in their favor.

Rodents are destroyers of farm products, cause loss by fire through gnawing matches and insulation from electric wires, and of human life through germ-carrying, particularly the bubonic plague.

Steel Is Easy to Cast.

The English have just invented a high-speed steel which is so strong that engines and guns and tools made of it can be worked more rapidly than those made of any of the other steels. The Popular Science Monthly magazine says that tools of this steel can be cast into shape, and casting is the quickest known way of making any tool.

There are few steels, however, which, by casting them, do not become brittle. "Cobaltum steel," as it is called, nevertheless can be made in this manner instead of having to be forged and rolled, two very much lengthier and more expensive processes.

Better Than a Fish Story.

This narrative comes from Nabroli, in British East Africa. A hunter met a most magnificent lion almost face to face. With a terrible roar the beast sprang at the man but missed his aim by jumping two feet too high. Disappointed, it dashed away into the woods. The next day a party set out to track the beast down. At length they came upon it in an open space in the jungle. The beast was practicing low jumps.

Meat Is Scarce.

Patrick J. Kennedy and Thomas Carr, farmers of Templeton, Ind., came to Indianapolis with three carloads of hogs and cattle, and after waiting all day at the stock yards were told that there was no demand for them, says the Indianapolis News. The price on hogs fell off from \$17.69 to \$17.10 while they were at the yards and finally they had to sell 12 of the choicest hogs from one car at \$17. They were told that these hogs were too fat. The razor-backs, comparatively speaking, brought \$17.10. The cattle could not be sold.

After this experience the two went to a stock yards restaurant nearby and ordered steak. It was Tuesday and, therefore, a meatless day.

"We can't buy beef or pork," said the waitress. "All we have for you is fish and oysters. Meat is very scarce, you know."

"Yes, we know," said Kennedy, as he gave in and bought a substitute.

Oh, Doctor!

A distinguished surgeon was momentarily dazed recently while making his rounds through a hospital by a wounded soldier who inquired querulously: "Say, doctor, when one doctor doctors another doctor, does the doctor doing the doctoring doctor the other doctor like the doctor wants to be doctor or does the doctor doing the doctoring doctor the other doctor like the doctor doing the doctoring wants to doctor him?"—Safety Bulletin.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Hall's Family Pills for constipation.

LUCKY MAN.

C. R. H. writes back from a training camp where he arrived last week that he has been equipped with shoes weighing not less than twenty-five pounds apiece. He presumes from that that he has been selected to kick the kaiser.—Kansas City Star.

SOME GRINDISTS.

Kwoter—The mills of the gods grind slowly, you know.

Piker—Yep; they're probably proceedin' with caution so as not to run afoul of any of the food regulations.

CAN NOW EAT AND SLEEP IN COMFORT

If troubled with indigestion or sleeplessness you should read what Miss Agnes Turner, Chargo, Ill., has to say: "Overwork, irregular meals and carelessness regarding the ordinary rules of health, gradually undermined it until last fall I became a wreck of my former self. I suffered from continual headache, was unable to digest my food, which seemed to lay as a dead weight on my stomach. I was very constipated and my complexion became dark, yellow and muddy as I felt. Sleepless was added to my misery, and I would awake as tired as when I went to my sleep. I heard of Chamberlain's Tablets and found such relief after taking them that I kept up the treatment for nearly two months. They cleansed my stomach, invigorated my system, and since that time I can eat and sleep in comfort. I am today entirely well."